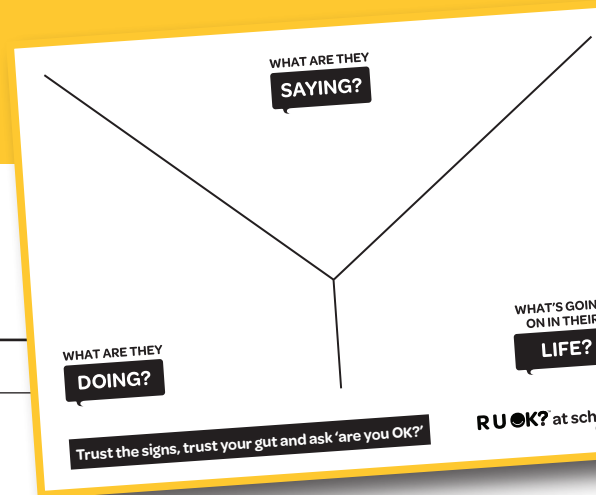


Classroom activity for Year 8

Signs someone may not be OK



Duration	20 minutes
Learning intention	Students will be able to recognise the signs a friend, peer or family member might not be OK by observing how they act, what they say, or by changes to their appearance.
Activity focus	Identifying when someone we know might be struggling and need support is an important skill for students. Often there are a variety of signs to indicate when friends or family members might be struggling. It's important students learn what to look for so they are confident they can recognise the signs that it is time to ask 'are you OK'?
Resources required	<ul style="list-style-type: none"> Projector/TV connected to laptop Pen and paper or device to take notes
Curriculum and wellbeing themes	<ul style="list-style-type: none"> Personal and social skills Help-giving
Success criteria	<ul style="list-style-type: none"> I can recognise the signs when someone might not be OK.
Activity description	<p>Explain to students that they will be talking about how to spot the signs that someone might be struggling. Remind them of the support available, as well as where and how they can access these services.</p> <p>Video – Don't let them face it solo, ask 'are you OK?'</p> <ol style="list-style-type: none"> Ask students to have a pen and paper ready. Play the R U OK? video: Don't let them face it solo, ask R U OK? Available from: https://www.youtube.com/watch?v=rsdq6CM8-w4. Whilst they watch the video, ask students to write down all the things happening in the main character's life which might contribute to them not being OK. For example: <ul style="list-style-type: none"> Not getting enough sleep Lots of school work Relationship break up Losing a job Money troubles Lots of things going wrong. Explain to students that these are all events which can happen in someone's life that could prompt us to offer support and check in, but other times we might need to look for clues. <p>Brainstorm: Signs that someone might not be OK</p> <ol style="list-style-type: none"> Using the template provided, ask students to brainstorm the signs to indicate that someone might not be OK. Some prompts to help students might include: <ul style="list-style-type: none"> What does a person's face look like (facial expression) if they're not OK? What body language might you notice? How has their behaviour changed? What kind of things are they saying? Ask students what they think they should do if they notice any of these signs. Answers might include: <ul style="list-style-type: none"> Ask if they are OK Ask a mutual friend if they have noticed any changes in behaviour Tell a teacher they are worried.

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	Wrap up 1. Recap on the key point from the lesson <ul style="list-style-type: none"> – There are many different ways to ask if someone is OK. – Life events might cause someone to feel down, and we can sometimes tell when people are not feeling OK by observing their appearance and how they act, behave or speak. – One of the best things we can do if we think a friend isn't OK is to ask them and let them know we care about them. 	
Differentiation	○ Support strategies: <ul style="list-style-type: none"> – Provide students with goals for the brainstorm activity. – Students verbally provide answers. – Students use acting and body language to show different signs. 	○ Extension strategies: <ul style="list-style-type: none"> – Students suggest responses for each of the different events. – Students link events to actions and behaviours.
Reflection question	What are the signs someone might not be OK?	

WHAT ARE THEY

SAYING?

WHAT ARE THEY

DOING?

WHAT'S GOING
ON IN THEIR

LIFE?

Trust the signs, trust your gut and ask 'are you OK?'